

**EMBARGOED UNTIL 12:01 A.M. EST
TUESDAY, OCTOBER 20, 2026**



**The
Menopause
Society™**

Leading the Conversation

Contact:

Eileen Petridis (epetridis@fallsandco.com)
(330) 714-8646

New AI-Enhanced Virtual Reality Program Shows Promise in Helping Manage Menopause Symptoms

MenoZen VRTM successfully delivers cognitive behavior therapy in small study, effectively overcoming access barriers to more traditional evidence-based therapies

CLEVELAND, Ohio (October 20, 2026)—Cognitive behavioral therapy (CBT) has proven effective in managing a number of menopause symptoms, including hot flashes, insomnia, depression, and sexual dysfunction. However, access remains limited. A new study suggests that virtual reality (VR) and artificial intelligence (AI) could be effective in delivering CBT interventions. Results of the study will be presented at the 2026 Annual Meeting of The Menopause Society in San Diego October 20-24, 2026.

Approximately 80% of midlife women experience hot flashes and night sweats, collectively known as vasomotor symptoms. These and other menopause symptoms, including sleep disturbances, mood changes, and cognitive difficulties, can significantly impact women's lives. Hormone therapy remains the gold standard pharmacologic intervention, but recent data show that its use is low, with only 1.7% of U.S. women using it in 2023. That has led to the growth of nonpharmacologic treatment options, including CBT. A barrier to treatment, however, has been a lack of conveniently located providers.

Advances in virtual reality and artificial intelligence could help address this access gap. In a multicenter small-scale study researchers developed a novel AI-VR program, MenoZen VRTM, for menopause symptom management tailored to the biopsychosocial needs of midlife women. Study participants ages 45 to 60 with bothersome hot flashes described as ≥ 28 episodes per week, and who were not currently using hormone therapy, were recruited to use the MenoZen VRTM program on a Meta Quest 3S headset. This involved an AI-VR avatar, Maia, who guided participants through modules incorporating various behavioral therapy and psychoeducation principles, such as CBT, talk therapy, mindfulness, and paced breathing exercises.

Findings from the qualitative study suggest that midlife women are highly interested in using a menopause-specific, personalized, nonpharmacologic, intervention like MenoZen VRTM for menopause symptom management.

"This study demonstrates early feasibility and acceptability of an AI-VR program, such as MenoZen VRTM, to successfully deliver evidence-based therapies to reduce symptom burden and improve the quality of life, while also addressing barriers to care such as accessibility," says Dr. Karisma Suchak, lead author from the Cedars-Sinai Center for Virtual Medicine and Health System Transformation.

Details of the study will be presented as part of a presentation entitled "Qualitative Validation of MenoZen VRTM: An AI-Enhanced Virtual Reality Program for Menopause Symptom Management."

"Many women struggle to access evidence-based nonpharmacologic treatments for menopause symptoms because of barriers such as availability, cost, and convenience," says Dr. Stephanie Faubion, medical

director for The Menopause Society and a study author. “Although larger studies are needed to determine clinical effectiveness, these findings suggest that innovative technologies, such as AI-enhanced virtual reality, may offer a promising way to expand access to cognitive behavioral therapy and other evidence-based interventions for women during the menopause transition.”

For more information about menopause and healthy aging, visit www.menopause.org.

The Menopause Society is dedicated to empowering healthcare professionals and providing them with the tools and resources to improve the health of women during the menopause transition and beyond. As the leading authority on menopause since 1989, the nonprofit, multidisciplinary organization serves as the independent, evidence-based resource for healthcare professionals, researchers, the media, and the public and leads the conversation about improving women’s health and healthcare experiences. To learn more, visit menopause.org.